



School Start Times Board Work Session Presentation January 27, 2020

School Start Times Research



- The *American Academy of Pediatrics* strongly supports the efforts of school districts to optimize sleep in students and urges high schools and middle schools to aim for start times that allow students the opportunity to achieve optimal levels of sleep (8.5–9.5 hours) and to improve physical (eg, reduced obesity risk) and mental (eg, lower rates of depression) health, safety (eg, drowsy driving crashes), academic performance, and quality of life.
- Teenagers 13 to 18 years of age should sleep 8 to 10 hours per 24 hours on a regular basis to promote optimal health. – *American Academy of Sleep Medicine*
- Insufficient sleep represents one of the most common, important, and potentially remediable health risks in children particularly in the adolescent population, for whom chronic sleep loss has increasingly become the norm. – *American Academy of Pediatrics*

School Start Times Research

The AASM (American Academy of Sleep Medicine) asserts that middle school and high school start times should be 8:30 am or later to support:

- An adequate opportunity for adolescents to obtain sufficient sleep on school nights
- Optimal alertness in the classroom environment to facilitate peak academic performance
- Reduced tardiness and school absences to foster improved opportunities for learning
- Adolescent mental health and psychological well-being
- Adolescent driving safety



Most U.S. middle and high schools start the school day too early



5 out of 6 U.S. middle and high schools start the school day before **8:30 AM**

The American Academy of Pediatrics has recommended that middle and high schools should aim to start no earlier than 8:30 AM to enable students to get adequate sleep.



Teens need at least **8** hours of sleep per night.



Younger students need at least **9** hours.



2 out of 3 U.S. high school students sleep less than **8 hours** on school nights

Adolescents who do not get enough sleep are more likely to



be overweight



not get enough physical activity



suffer from depressive symptoms



engage in unhealthy risk behaviors such as drinking alcohol, smoking tobacco, and using illicit drugs



perform poorly in school

For more information: www.cdc.gov

National Center for Chronic Disease Prevention and Health Promotion
Division of Population Health





School Start Time Videos

Why School Should Start Later for Teens

<https://www.youtube.com/watch?v=TS6IFDVR-3g&feature=youtu.be>

Why School Should Start Later for Teens

<https://www.facebook.com/watch/?v=10159417370690652>

Seattle School Start Times

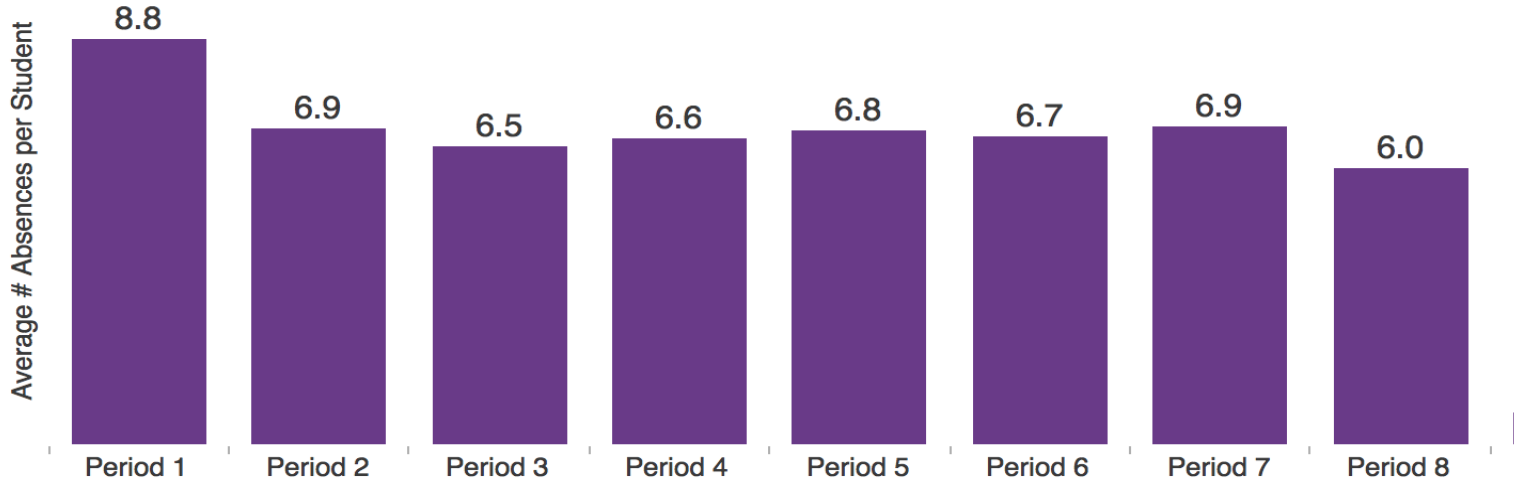
<https://www.facebook.com/worldeconomicforum/videos/1941250946179397/>

High School Semester Attendance



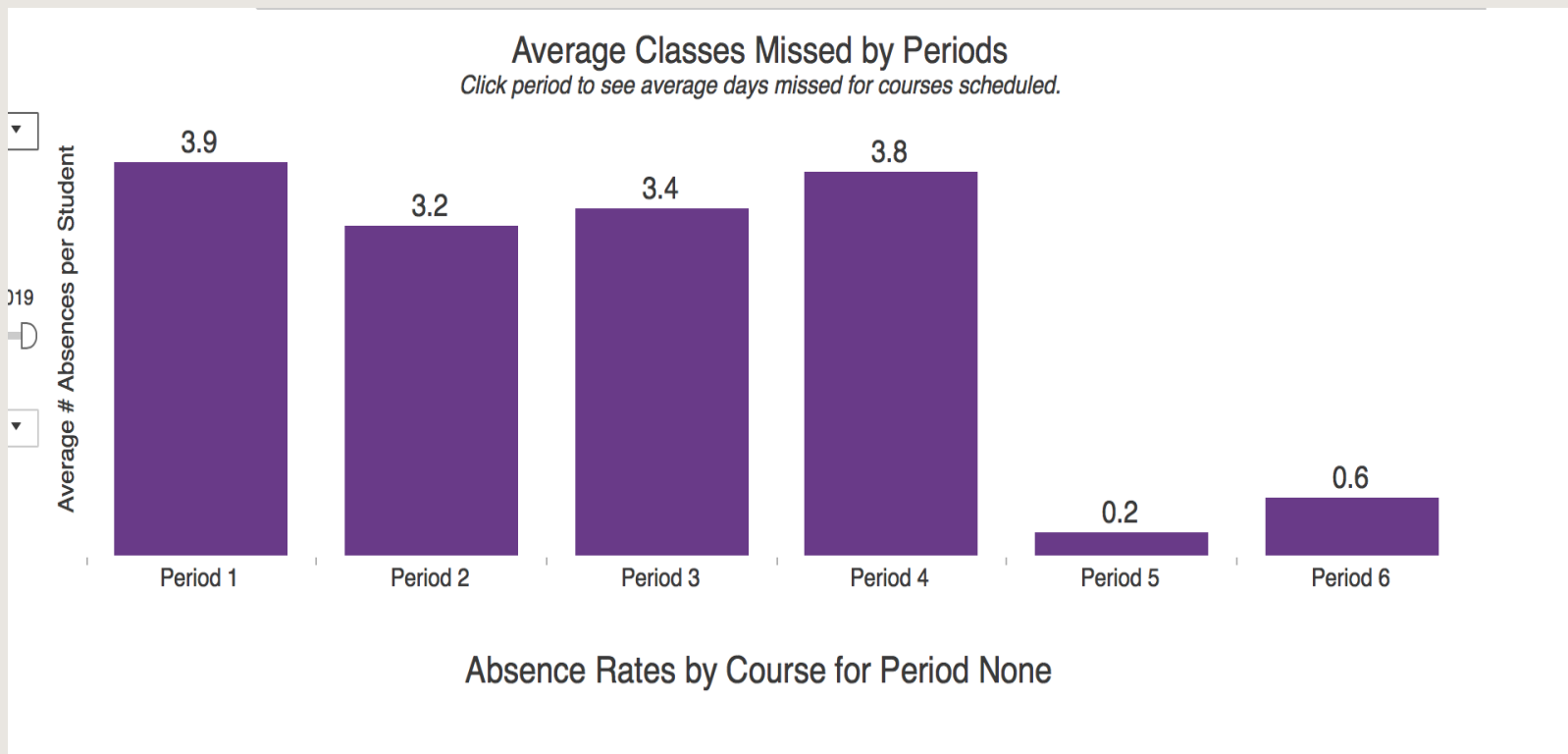
Average Classes Missed by Periods

Click period to see average days missed for courses scheduled.



Absence Rates by Course for Period None

Classen SAS HS at Northeast Semester Attendance



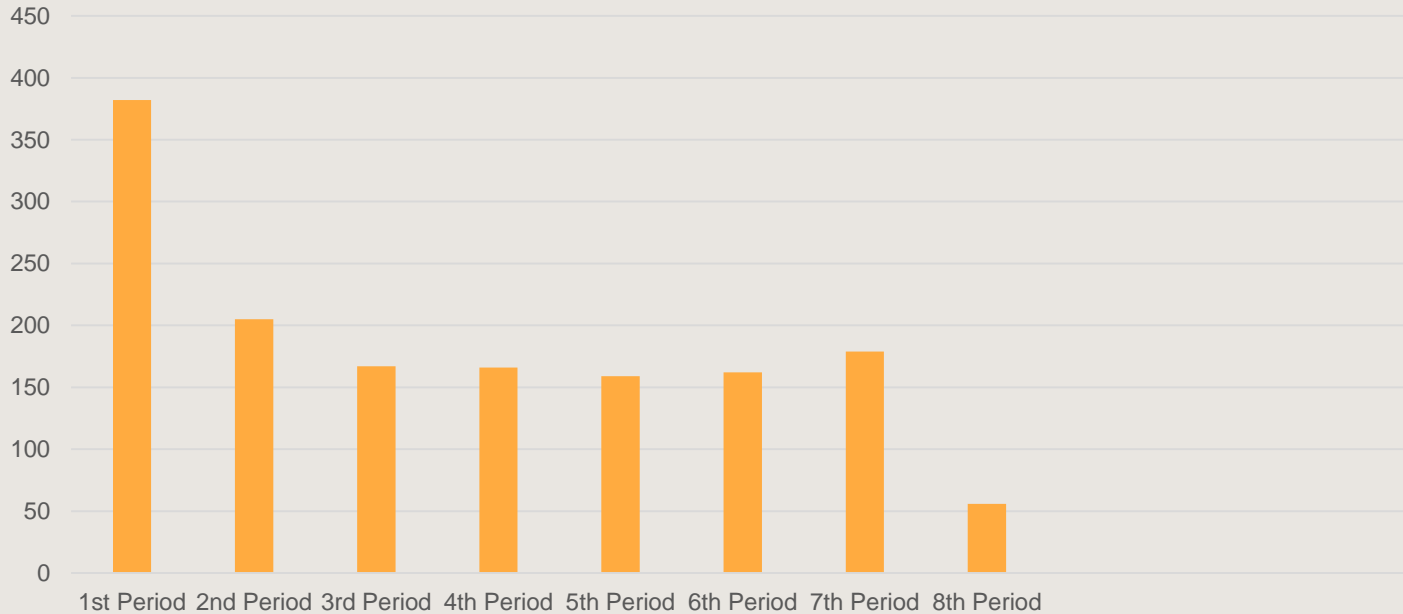
All HS Attendance Through 12-20-19



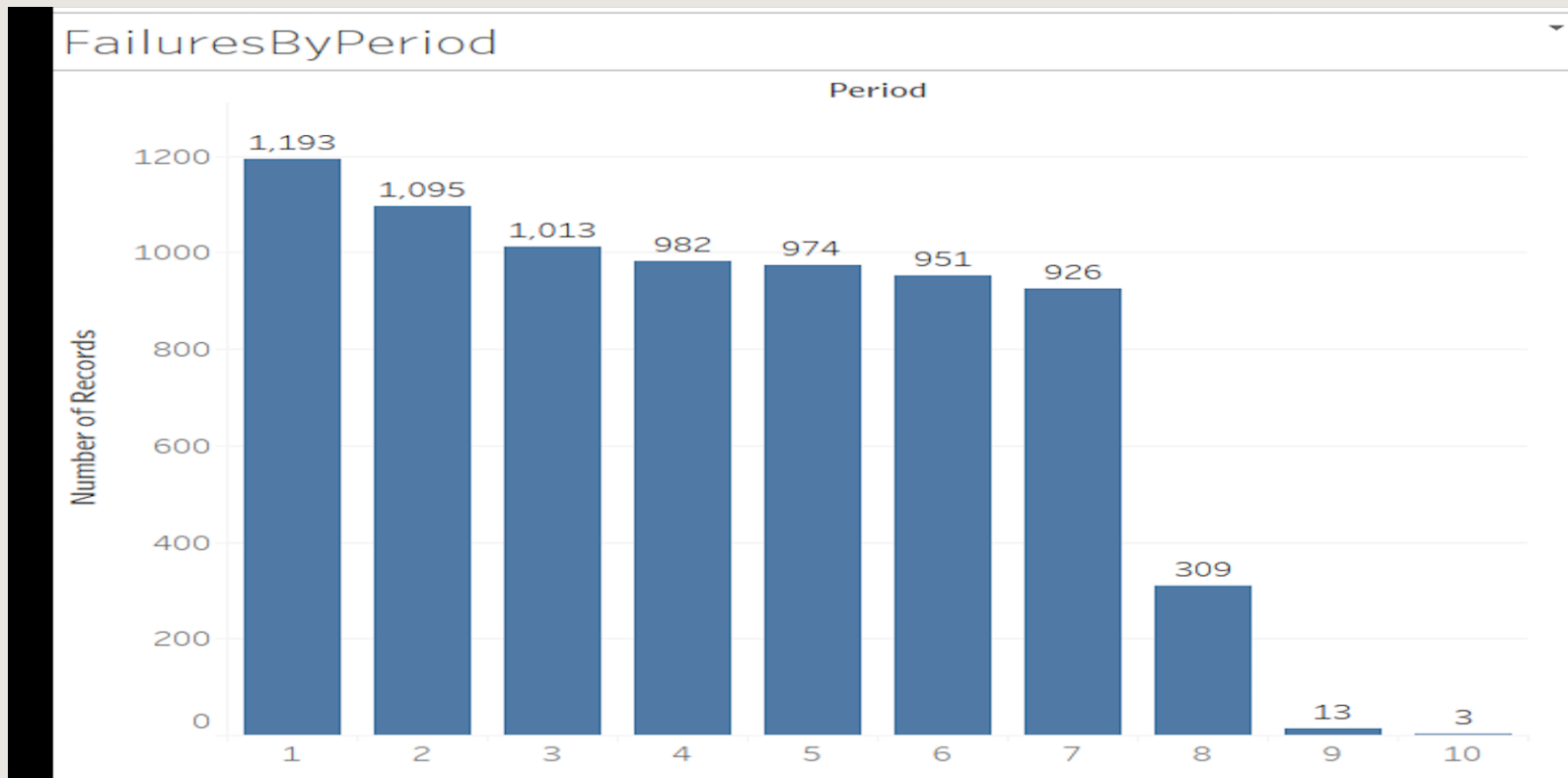
| School Site (As of 12-20-19) | 1st Hour | 2nd Hour | 3rd Hour | 4th Hour | 5th Hour | 6th Hour | 7th Hour | 8th Hour |
|------------------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| District | 8.8 | 6.9 | 6.5 | 6.6 | 6.8 | 6.7 | 6.9 | 6.0 |
| Capitol Hill HS | 9.5 | 8.2 | 7.7 | 8.4 | 7.7 | 7.9 | 8.3 | |
| Douglass HS | 10.6 | 8.5 | 8.2 | 8.0 | 7.8 | 8.2 | 8.3 | |
| John Marshall HS | 9.2 | 7.2 | 6.9 | 6.9 | 7.9 | 7.0 | 7.0 | |
| Northwest Classen HS | 7.5 | 6.0 | 5.8 | 5.7 | 6.5 | 6.1 | 5.9 | |
| Southeast HS | 5.1 | 3.7 | 3.5 | 3.3 | 3.7 | 3.8 | 4.0 | 2.6 |
| Star Spencer HS | 7.2 | 5.4 | 4.8 | 5.2 | 5.1 | 5.0 | 5.4 | |
| U.S. Grant HS | 10.4 | 7.5 | 7.0 | 7.2 | 7.3 | 7.3 | 7.4 | 7.4 |
| | | | | | | | | |
| Classen SAS HS at Northeast | 3.9 | 3.2 | 3.4 | 3.8 | | | | |

No Credit Issued 1st Semester 19-20 OKCPS

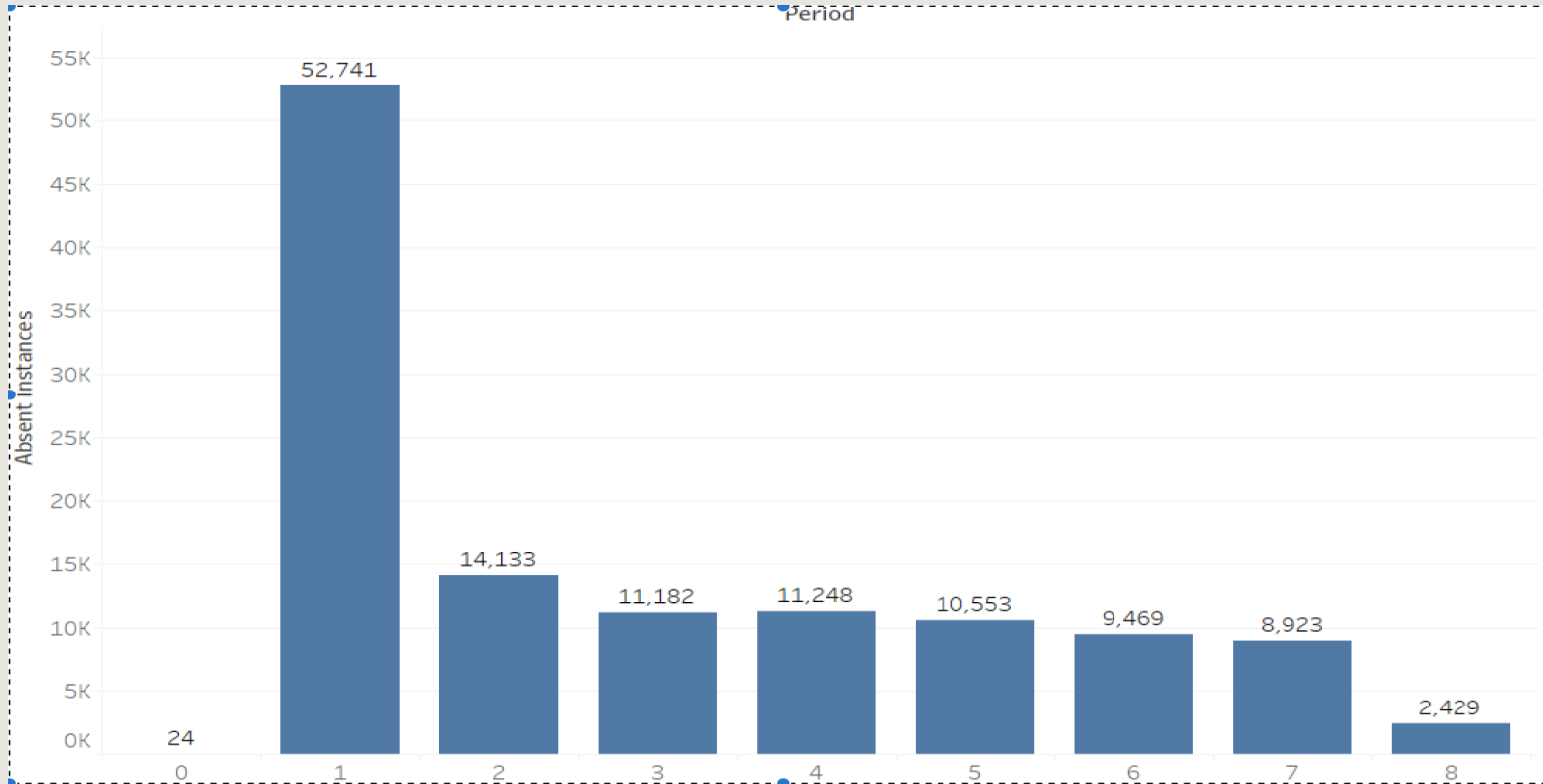
No Credit Issued 1st Semester 19-20



Failures by Period 2018-2019



Tardies by Period 2018-2019

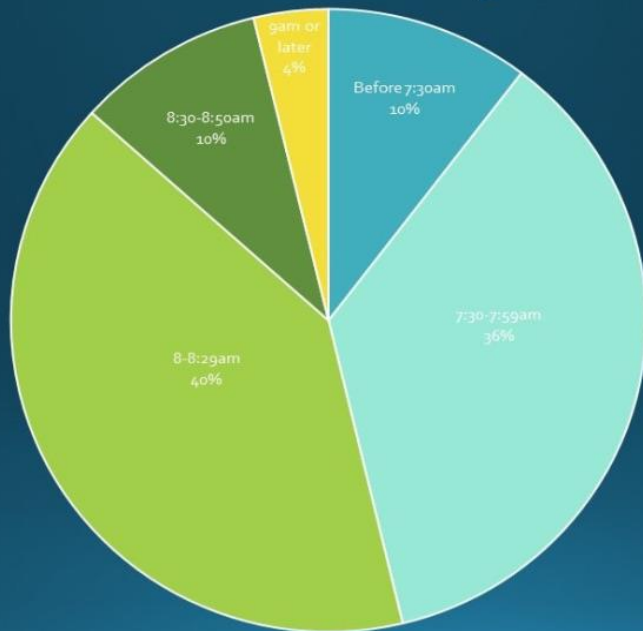


Average Start Times: US High Schools



Average Start Times: US Public High Schools, 2015-16

Average Start Time:
7:59am



SOURCE: U.S. Department of Education, National Center for Education Statistics, National Teacher and Principal Survey (NTPS), "Public School Data File," 2015-16.

■ Before 7:30am ■ 7:30-7:59am ■ 8-8:29am ■ 8:30-8:50am ■ 9am or later

High School Start Times Comparison



Percent of High School Students Sleeping At Least 8 Hours Per Night by School Start Time

| School Start Time | 7:30am | 7:35am | 8:00am | 8:05am | 8:20am | 8:35am | 8:35am | 8:35am | 8:35am | 8:55am |
|-----------------------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| Sample size | 333 | 446 | 1379 | 884 | 1353 | 902 | 1249 | 960 | 1407 | 459 |
| Sleep > 8 hours/night | 33.6% | 44.2% | 44.5% | 49.7% | 42.5% | 49.8% | 57.0% | 58.9% | 60.0% | 66.2% |

High Schools Start Times Comparison



OKCPS

- **Oklahoma City** 7:35 a.m.
- Lawton 7:35 a.m.
- Edmond 7:45 a.m.
- Mid-Del 7:45 a.m.
- Yukon 7:50 a.m.* Recently moved from 7:30 a.m.
- Putnam City 8:00 a.m.
- Guthrie 8:10 a.m.
- Union 8:10 a.m.
- Crooked Oak 8:15 a.m.
- Moore 8:20 a.m.
- Tulsa 8:30 a.m.
- Mustang 8:40 a.m.
- Bixby 8:45 a.m.
- Norman 9:00 a.m.
- Stillwater 9:00 a.m.
- Dallas 9:00 a.m.
- Western Heights 9:05 a.m.
- Jenks 9:15 a.m.

Benefits to Changing Start Times



- Improve academic performance and the likelihood of future success.
- Reduce tardiness, truancy, dropout rates and delinquency.
- Improve alertness, memory, attention and cognitive processing skills.
- Reduce depression, anxiety and suicidal thoughts and behaviors.
- Improve athletic performance and help prevent sports-related injuries.
- Reduce the risk of obesity, eating disorders and diabetes.
- Improve health, mood and immunity.
- Reduce the rates of car crashes, substance abuse and other high-risk behaviors (especially during unsupervised afternoon hours).
- When school start times are moved later, not only do rates of tardiness, truancy, absenteeism, and dropping-out decline, but improvements in academic achievement are nearly twice as high in students from economically disadvantaged homes

Barriers to Changing Start Times



- Conflicts with after-school programs, sports activities and after-school jobs.
- Teacher concerns regarding scheduling and total work hours.
- Lack of awareness among school community stakeholders regarding the importance of sleep.
- A late start time will disrupt parents' schedules.
- Inability of parents to rely on older children for afternoon childcare.
- Teens may stay up even later if they don't have to wake for school at an earlier time.



Current Reality

- 3 Bus Tiers – High School, Elementary, Middle School
 - Tier 1 – High School 7:35 a.m. to 2:25 p.m.
 - Tier 2 – Elementary School 8:20 a.m. to 3:10 p.m.
 - Tier 3 – Middle School 9:10 a.m. to 4:00 p.m.

Recommendation

- 3 Bus Tiers – Elementary, High School, Middle School
 - Tier 1 – Elementary School 7:50 a.m. to 2:40 p.m.
 - Tier 2 – High School 8:40 a.m. to 3:30 p.m.
 - Tier 3 – Middle School 9:30 a.m. to 4:20 p.m.



The right to a
good night's
SLEEP
should not
depend on a
child's zip code



**Changing school start times
can be hard**

**But changing student
biology is even harder**